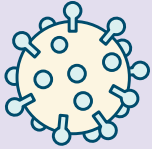
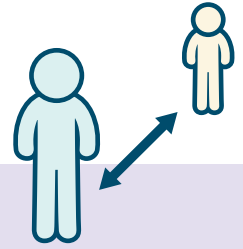


Coronavirus: Social distancing



This is important information for you about coronavirus (COVID-19).

There are other helpful fact sheets on our website:



- *Coronavirus: What is it?*



- *Coronavirus: 5 things to do right now*



- *Coronavirus: What you need to know*



- *Coronavirus: FAQs*



- *Coronavirus: Staying at home.*



Information and support are available. You are not alone.



Contact the Disability Information Helpline on **1800 643 787**
or visit **www.dss.gov.au/disabilityhelp**



This fact sheet was updated on 14 April 2020.

How to use this document



The Australian Government wrote this document. When you see the word 'we', it means the Australian Government.



We have written this document in an easy to read way.

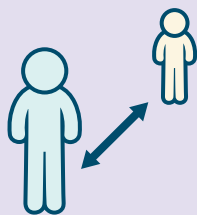
We use pictures to explain some ideas.



You can ask for help to read this document.

A friend, family member or support person may be able to help you.

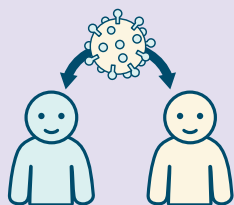
What is social distancing?



Social distancing means you keep space between you and other people.



This is the most important thing you can do to stop coronavirus from spreading.

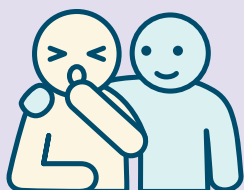


Coronavirus spreads from 1 person to another.

You can catch coronavirus if you:



- have been close to someone who has coronavirus, but doesn't have symptoms yet



- have been close to someone who has coronavirus and has symptoms

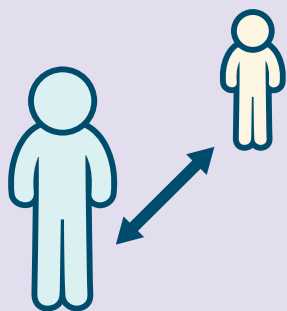


- touch an object, like a table or a door handle that has coronavirus on it, and then touch your face.



If we keep space between us, we can help stop the spread of coronavirus.

What can you do?



If you are sick, stay away from other people.



This is the most important thing you can do.



Stay 1.5 metres from other people.



Wash your hands with soap and water:

- after you cough or sneeze
- before and after you eat
- after you use the toilet.



Cover your mouth and nose when you cough or sneeze.



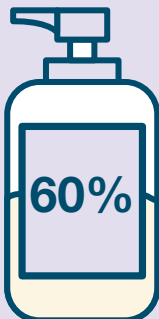
Use a tissue when you cough or sneeze and then put it in the bin.



If you don't have a tissue, cough or sneeze into your bent elbow.



If you can't wash your hands, use hand sanitiser.



It needs to have at least 60% alcohol to work well.

Staying at home



If you're sick, stay at home.



If you're not sick, only go out to buy things you need, like food, medicines and other necessary items.



You can try to buy these things online instead of going out.



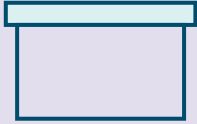
Or ask someone to help you.



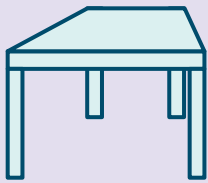
Avoid:

- shaking hands
- kissing.

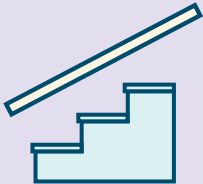
Clean the surfaces that people touch a lot, like:



- benches



- tables



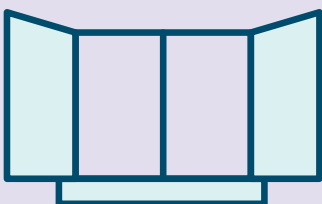
- hand rails



- door handles.



Use a strong cleaning product that will kill germs.



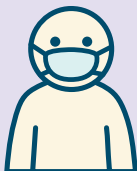
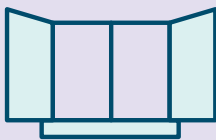
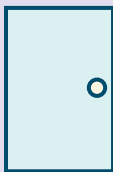
Open the windows to let fresh air in.

If you're sick



If you're sick and you're staying at home, there are other things you need to do.

You need to:



- stay in 1 room, away from the people you live with
- only have 1 or 2 people who care for you, if you can
- keep the door to your room closed
- open windows to let fresh air in if you can
- wear a mask when someone else is in the room – they should wear a mask too
- stay away from people who are over the age of 65 or who are sick.

Social distancing at work



Some people can work from home.



Other people still need to go into the place where they work.



If you are sick, you need to stay at home.



Don't shake people's hands.

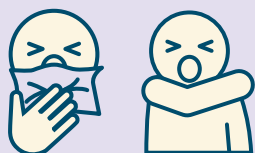


Have meetings on the phone or online.
Cancel large meetings or have them online.



If you need to have a meeting with
1 other person:

- go outside
- stay 1.5 metres apart.



Manage your coughing and sneezing the way we explained on pages 4 and 5.



Eat your lunch at your desk or outside, rather than in the lunch room.



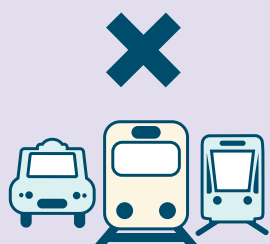
Don't share food with others.



Make sure surfaces like benches and door handles are cleaned often.



Open the windows if you can.



Don't travel unless you really need to.

If you go to school



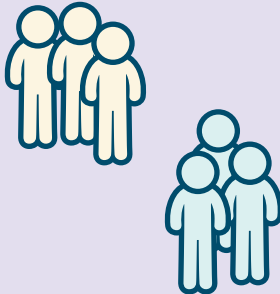
If you're sick, don't go to school.

Don't send a sick child to school or child care.



Use hand sanitiser when you get to school.

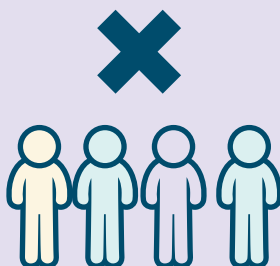
Schools need to:



- keep children from different year groups apart



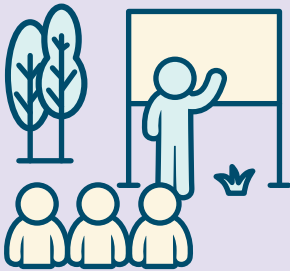
- cancel assemblies and other events where large groups get together



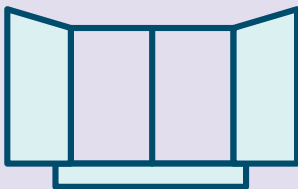
- avoid creating lines or queues



- clean surfaces like benches and door handles



- hold lessons outside if they can



- open windows to let fresh air in if they can



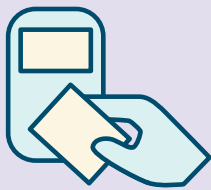
- make sure the canteen is kept very clean.

If you go out in public

If you have to go out, make sure you:



- use hand sanitiser when you go in or out of a building



- avoid paying for things with notes or coins – use your card to ‘tap and go’ instead



- travel at quiet times of the day, not during peak hours

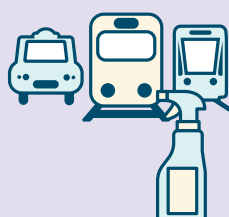


- stay away from crowds.

Public transport and taxi drivers should:



- open the windows of the car or vehicle



- clean surfaces regularly.

More information

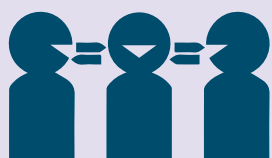


For more information, contact the Disability Information Helpline on **1800 643 787** or visit www.dss.gov.au/disabilityhelp



24 hours

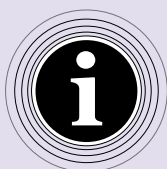
You can call the National Coronavirus Helpline on **1800 020 080**. It's open 24 hours a day.



If you need information in a language other than English, call **131 450**.



If you're worried about your health, call your doctor. Do not go to the doctor – call first.



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